



# 50+ Recreation

## May 2016

Our mission is to enrich the lives of our citizens. ISSUE 5

[www.ColumbusRecParks.com](http://www.ColumbusRecParks.com)

## 64<sup>th</sup> Annual Creative Arts Event

May 11-21, 2016

*The Martin Janis Center 600 E. 11th Avenue  
on the State Fairgrounds; Phone 614-645-5954*

### Theme: **Birds, Blooms & Beasts**

Show your original art, craft work and writing!

*If you are age 50 or over you are invited to enter 3 items!*

*Bring your items to: The Martin Janis Center  
April 27: 10 am - 2 pm or April 28: 5 - 7 pm*

Show Opens May 11: featuring special events through May 21

For event information: call Linda Jacobs at The Gillie Center: 614-645-3106 or  
Michael Phillips at The Martin Janis Center: 614-645-5954

Free Parking and Admission

Event is Open to the Public

*More information on page 5.*

## Gram and Gramp Camp

**June 6-10**  
**Monday – Friday**  
**9 am – 4 pm**

### For you and your Grand!

This is a chance to for grandparents and their grandchildren to fun activities together in an outdoor setting. We have fun with fishing, canoeing, art & crafts, archery, swimming and special programs. *Cost is \$120 resident/\$130 non-resident for one grandparent and grandchild.*

Please call Monique at 645-3106 for a registration form or for more information.

May 2016

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Newsletter Editor: Wendy Frantz

645-7427

## Dance

### Gillie Dance

Line Dance *Beginners*      *Tuesdays*      *1 pm*  
    *Advanced*      *Tuesdays*      *2 pm*  
    *Intermediates*      *Fridays*      *10:30 am*

Move & Groove      *Monday*      *7:30 pm*

### Tap Dance:

*Advanced*      *Wednesdays*      *10 am*

*Beginning*      *Wednesdays*      *10:50 am*

Ballet Class      *Wednesdays*      *5 pm*

### Gillie Wednesday Evening Dance Information

*6:30 – 9 pm*      *Admission: \$5*

Come early for line a line dance session: 6-6:30 pm.  
 The DJ begins spinning a variety of dance music at  
 6:30. Refreshments will be served, dancing until 9 pm.

### Weekly Themes:

*May 4*      *Mother's Day*  
*May 11*      *Dance at Martin Janis CAE*  
                                  *Opening*  
*May 18*      *Spring Break*  
*May 25*      *Celebrating the Armed Forces*

### Marion Franklin

#### Line Dance

*Mondays, Wednesdays and Fridays*      *10-11 am*

*Beginners*      *Wednesdays*      *11:15 am*

*Men's*      *Tuesdays and Thursdays*      *1 pm*

Line Dance Workout *Tuesday and Thursday 10 am*

#### Men in Black Rehearsal

*Tuesdays and Thursdays*      *2 pm*

#### Evening Line Dancing

*Beginning Tuesdays and Thursdays*      *5:30-6:30 pm*

*\$20 per person, per session*

## Golden Hobby Shop

630 S. Third St. in German Village  
 Columbus, Ohio 43206  
 Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday

10 am – 5 pm

Free parking

Golden Hobby Gift Shop is refreshed, reorganized and ready! Come browse new items for home and garden, big variety of gifts for grandchildren, unique additions from a dozen new talented consignors.

May 7      Mother May I (Candy for all Moms)

May 14      Village Valuables

## Red Hat Activities

### Dodge

*Thursday, May 12 – TBA*

### Morgan House & Bakers Village Garden Center and Gift Shoppe

*Thursday, May 26*      *10 am*      *Cost \$5*

We will look around the Morgan House Shoppe then eat lunch! Afterwards, we will go to Bakers to shop for flowers or walk around the gift shop. Fee is due at time of registration.

Gillie's Fillies *Mark your Calendars!*

### Derby Day

*Thursday, May 5*      *12:15 pm*

Come & play; wear your play clothes.

### Creative Art Event

*May 11 - May 20*

Daily activities at the Martin Janis Center, 600 E. 11th Ave (fairground). Not Red Hat affair.....just fun & exciting.

## Trips

### Dodge

645-3176

### Amish Country Theater Trip

*Friday, May 13*      *Time TBD*      *Cost \$35*

*The cost pays for gas and your ticket to the show. (You will need to bring additional money for lunch.)*

We will travel to Amish Country to have lunch and catch an early show at the Amish Country Theater in Walnut Creek, Ohio. We are seeing "*Somewhere Over the Silo*" a variety show that features live blue grass music, acclaimed ventriloquist Ken Groves, hilarious comedians and the Amish comedy duo "The Jonas Brothers." All together a side splitting, family-friendly show guaranteed to entertain! *Show time is 3 pm.*

### 64<sup>th</sup> Annual Creative Arts Event and Talent Show

*Thursday, May 19*      *9 am*

Come join us as we travel to Martin Janis to see all the 50+ talent we have throughout Ohio! Also, come support our fellow 50+ artists, writers, dancers, actors and musicians! (Various workshops will be going on that day if you're interested in those as well!) Come celebrate 64 years with us. Our Dodge drama group will also be performing that day so come out to support us.

# Trips

## Dodge (continued) 645-3176

### **Boat Ride along the Scioto River and Lunch**

*Friday, May 27 10 am Cost \$5*

Kick off Memorial Day weekend with us as we travel to Indian Village, where we will be taking a relaxing boat ride and enjoying the natural beauty along the Scioto River! No rowing required. Bring a lunch and snacks because afterwards we will eat in the picnic area at Indian Village. Enjoy some fresh air, sunshine, and water. Summer soon will be here!

## Gillie 645-3106

### **Trip Policy:**

Persons registering for **van/mini bus trips** need to be **current** members of The Columbus Recreation & Parks Department 50+ Programs. **Charter bus trips are open to adult non-members. All refund questions will be handled by the staff person in charge of the trip.**

### **Graveyard Tours 2016**

#### **Grandview Cemetery and OHS Heirloom Plant Sale, Chillicothe**

*Wednesday, May 11 8:30 am-5 pm Cost \$15*

Time once again to support The Ohio Historical Society (Connection) by purchasing flowers, herbs, tomatoes and more. Lunch will be on our own at the Olde Canal Smokehouse. We will tour the Historic Grandview Cemetery after lunch.

**Registration begins April 27.**

### **Ghosts, Glass Shows and Trains in West Virginia**

*Wednesday-Thursday, June 1-2*

**\$398 per person (double occupancy)**

**Check to see if room is still available.**

Tour the **Trans Alleghany Lunatic Asylum**, formerly the Weston State Hospital of West Virginia which served as a sanctuary for the mentally ill in the mid-1800's. The history of the building holds fascinating stories of Civil War raids, a gold robbery, the "curative" effects of its beautiful architecture.

Take a ride aboard the **Cheat Mountain**

**Salamander**; pulled by two diesel locomotives you will enjoy lunch and a 45 mile trip through unspoiled mountain scenery and a stop at the inspirational High Falls of the Cheat. Enjoy a premier evening show at the **American Mountain Theater** where a cast of seasoned entertainers will keep your toes tapping and hands clapping through this show which features country, southern gospel, bluegrass, pop and patriotic music. And finally there will be an **Appalachian Glass Tour**, where you will meet owner Chip Turner and learn how glass blowing has been a large part of life in West Virginia. Each passenger receives a Glass Friendship Ball.

## Marion Franklin 645-3612

### **Breakfast and Movie**

*Tuesday, May 17 8:30 am Cost \$5*

For more information, contact Scott at 614-645-3612.

### **Cincinnati Reds Baseball Game**

*Wednesday, June 29 8 am Cost \$42*

Cost includes ticket and transportation. For more information, contact Butch Washington. Business Men Special Game: Time 12:35 pm



## Martin Janis 645-5954

### **Country Garden Mother's Day Event**

*Friday, May 6 10 am*

**Cost: \$10 for transport, lunch on your own**

Country Garden Mothers' Day Weekend Event:

Three days of fun, savings and beautiful flowers in Winchester (Brown County). This annual Mother's Day event continues a tradition started in 1998 by the Boehme family, including a free plant gift for every mother. Music, BBQ, kettle corn, special promotions and specials!

### **Cuyahoga Valley Scenic Railway**

*Friday, May 13 9 am*

**Cost: \$10 for transport, \$15 for train ride (paid before boarding bus), lunch of your own**

The Cuyahoga Valley Scenic Railroad is one of the oldest tourist excursion railways in the country. The Cuyahoga Valley Scenic Railroad is located in Northeast Ohio and runs through the heart of the Cuyahoga Valley National Park. The train travels northbound and southbound from Independence, Ohio through Akron, Ohio. The train presents an excellent view of the natural scenery and wildlife of the national park and an opportunity to learn about the history of the railroad.

### **Feast of the Flowering Moon**

*Friday, May 27 10:30 am*

**Cost: \$10 for transport, lunch on your own**

Feast of the Flowering Moon in Chillicothe: This annual three-day themed event features native-American music and dancing, traders and exhibits and mountain-men encampments depicting pioneer life in the 19<sup>th</sup> century and daily entertainment. In addition, it displays arts and crafts and traditional entertainment and food. These events include: Main Stage Entertainment, Senior Citizens Day & Bingo (Friday).

## Trips

**Whetstone** **645-3217**

*Note:* Any participant signing up for Whetstone trips must present payment at the time of registration.

**ALL ARE WELCOME ON THIS TRIP!**

**Wednesday, May 11** **10:15 am**

Join us in May for a trip to the Grove City Welcome Center. Lunch will be at O'Charleys.

*Please call Mike with any questions.*

**Mike's Taste of Italia**

**Wednesday, May 18** **10:15 am** **Cost \$5**

This month's lunch is at Franco's Ristorante Italiano in Dayton. There may also be some impromptu stops on the way home.

*Please call Mike with any questions.*

**Café & Culture**

**Thursday, May 19** **10:30 am** **Cost \$8**

This month, we'll head to Lancaster to The Decorative Arts Center of Ohio and tour through the current exhibition *Blue Walk: The Art of William Kortlander*. We'll have lunch before the tour at Ale House 1890.

*Please call Connie with any questions.*

## Walk with a Doc



Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and all can enjoy coffee, water, a healthy snack and walking incentives at each walk.

*Walks are held inside during bad weather.*

**2016 Walking Dates 8:30 - 9:30 am**

**Indian Mound & Woodward Park**

May 7, 21  
June 4, 18  
July 2, 16  
Aug 6, 20  
Sept 3, 17  
Oct 1, 15  
Nov 5

**Far East & Dodge**

May 14, 28  
June 11, 25  
July 9, 23  
Aug 13, 27  
Sept 10, 24  
Oct 8, 22  
Nov 12

## 50+ Water Exercise

It may cold outside but the water is warm inside. Join us Mondays and Wednesdays for water aerobics. Doors open at 9:30 am, get in the water at 9:45 am and exercise starts at 10 am.

Wondering if class is cancelled because of the weather? Call 645-6122 for up-to-date conditions. If there isn't a special recording, we are open for business.

Join instructor, Alice Irwin at:  
The Columbus Aquatics Center  
1160 Hunter Ave, 42301

## Park of Roses

3923 N. High St. Columbus, OH 43214

Located in Clintonville, the Park of Roses is one of the most unique and renown parks in the state of Ohio. In existence since 1953, visiting the park during the Rose Festival has become a time honored tradition for Ohioans statewide. The Columbus Park of Roses is a 13-acre plot in Whetstone Park that showcases 11,000 total roses consisting of more than 350 different types. In addition to visually stunning roses, the park features many gardens: the Main Rose Garden, the Heritage Garden with turn of the century roses, the Earth-Kind Rose Garden, the Herb Garden, and the Perennial Garden. Throughout the past 56 years, the Columbus Rose Park has garnered many honors, including being one of 133 All American Rose Selection gardens, selected as one of USA Today's 10 Places to Admire the Bloom on the Rose in 2006, and being one of Columbus' top wedding venues. The park is open daily from dawn until dusk, and admission to all visitors is free. The best time to view the roses is during their full bloom which begins in mid-June and lasts through mid-September.

**Features** \* 13.00 Acres

**Facilities** \* Floral Displays \*Gardens \*Parking Lot \*Picnicking \*Shelterhouse,Reservable\* Walking Trail \*Woods & Wildlife Area

# 64<sup>th</sup> Annual Creative Arts Event

## The Martin Janis Center May 11 - 21, 2016

- Grand Opening**                      *Wednesday, May 11*                      *6 pm*  
Announcement of Grand Prize Winners.  
All artists & guests welcome. Entertainment by 'Two For The Road'
- Line Dance Showcase**                      *Thursday, May 12*                      *Noon*  
Performing groups from all over Central Ohio
- Dinner and Dance Party with Don & Jean Hamilton: Todd T. Taylor Entertainer.**  
*Friday, May 13*                      *5 pm*                      *Cost \$12*  
Deadline to register with payment: May 11
- Line Dance Workshop with famed choreographer John Robinson**  
*Saturday, May 14*                      *9 am-5 pm*                      *Cost \$30*  
Limited space - call The Gillie Center to register (614-645-3106)
- Poetry & Writing Expo: "Reading Your Work" (Technique Workshop) by Michael Rose**  
*Monday, May 16*                      *10:30-11:30 am*                      *Free*  
Readings of short stories & poetry: 1 pm
- Zendoodle Workshop**                      *Tuesday, May 17*                      *10-11 am*                      *Cost \$2*  
With Holly Wetmore-Kemeter. Learn how to create beautiful doodles, on a tile, beginning with just a line. In this workshop, you will learn basic Zendoodle techniques and process using simple dots, dashes, lines and geometric shapes using repetition. Bring a very fine tipped black Sharpie or Uniball vision fine tipped pen!
- COAAA Hall of Fame**                      *Wednesday, May 18*                      *1 pm*
- Red Hat Day**                      *Thursday, May 19*  
*10:30-11:30 am*                      Card Making Workshop  
*11:30 am*                      Lunch  
*1 pm*                      Variety Show  
*2:30 pm*                      Mansfield Bird Sanctuary Show
- Brushes and Brews**                      *Friday, May 20*  
*10 am*                      Make and take painting project with Mike & Scott  
*12:30 pm*                      Cost \$10 - All supplies provided  
Pottery Demonstration with D'Lyn
- Buckeye Barbershop Concert**  
*Friday, May 20*                      *7 pm*                      *Cost \$10*  
Get tickets at The Gillie Center (645-3106) or The Martin Janis Center (645-5954)
- Scrapbook Crop**                      *Saturday, May 21*                      *9 am-9 pm*  
Linda Jacobs for details 614-645-3106

**Senior Council Meeting****Tuesday, May 10 1 pm**

Senior Council will be taking nominations during May, so if you want to nominate someone for Senior Council offices please do.

**Walk with the Doc****Saturdays, May 14 & 28 8:30 am****Free Produce**

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month- May 5 & 19  
3 pm - bring a bag.**

**Mother's Day Fashion Show Tea****Friday, May 6 1-3 pm**

Bring a favorite tea cup from home to use. Light finger foods/snacks will be provided. **We are just asking for \$3 donation or what you can.** All are invited to be in it! If you have daughters or sons who would like to be in it, we would love that too. **Men are also invited to show off that suit or a favorite outfit!** You can wear clothing that you have made or a new Spring outfit that you have bought! **Please submit a description of your outfit, or accessory written on an index card and turn it in to Holly by May 2 and we will have a brief run through of the show on May 6 at 11 am.** If you have made your outfit, make a note of that in your description too! At the tea, make a paper flower for a new mother, yourself, your daughter, or in remembrance of, or for your own mother.

**\*Sunset Cemetery will be providing food after the show if you wish to stay.\***

**The Creative Arts Event**

The event runs **May 11-21** at Martin Janis. We want to show off all of Dodge's talented participants. This year's theme is **Birds, Blooms and Beasts.** **Please drop off artwork, crafts or writing at Dodge by April 26 or Martin Janis by April 28, 7 pm.**

**Memorial Day Luncheon****Thursday, May 26 11 am -1 pm**

**\*Important Announcement\* Upcoming events During Red, White, and Boom the CRC will be fundraising this year by charging for parking at Dodge.**

**Dodge Chorus****Tuesdays 1 pm**

Would you like to sing? Do you enjoy performing at events? Join Dodge's Chorus as we are always looking for new members.

**Bingo****Thursdays 11-11:55 am****Senior Fitness**

**Mondays 10-11 am & Tuesdays 11 am-Noon**  
Keep yourself moving!

**Kinta's Boot Camp****Tuesdays & Thursdays 7-8:30 pm****Tai Chi with Michael****Mondays 3-4:30 pm**

Stay after chair volleyball and relax those muscles! A great way to build strength, flexibility, balance and helps relieve stress. Simple, low-impact fitness.

**Crochet****Wednesdays 1-3 pm****Quilting****Tuesdays 9 am****Pickle Ball****Tuesdays 10-11 am****Walking Group****Daily 8-9 am****Shuffleboard****Thursdays 10:15-10:55 am****Weight Loss Group Wednesdays 3 pm****Chair Volleyball Mondays & Thursdays 1-3 pm****Dodge Handymen and Woodshop Mondays 1 pm****50+ Sewing Tuesdays 1:30-4:30 pm****50+ Alterations Thursdays 1-4 pm****Zendoodle Drawing Thursdays 11 am-Noon**

In this class, you can have any drawing ability. We will be drawing on small illustration board tiles starting with just a line, then adding dots, dashes, circles and triangles to build a beautiful pattern, let your mind relax and focus while simply doodling.

**Conversational Spanish Classes****Beginning Tuesdays 11 am-Noon****Advanced Tuesdays Noon-1 pm****Acting without Fear!****Wednesdays 1-2 pm**

We will work on skits and perform at special events for Dodge; memorization of lines is not required. Act, socialize and have fun with some great people!

**Join the Dodge Service Circle****Wednesdays 9 am-1 pm**

We break for lunch in the canteen around 11:30. If you have any sewing experience or none at all, we can use your help in making ditty-bags for walkers and wheelchairs for local senior establishments and the Veteran's Hospital.

**Coloring Club for Grown Ups****Fridays 3:30-4:45 pm**

Gillie will be **CLOSED Monday, May 30** for Memorial Day. Have a Happy Summer!

**Absentee Voting for Gillie Recreation Council**  
*Monday, May 2- Friday, May 6*

Sign up and receive an absentee ballot at the front desk. You must have a Gillie Membership form on file to vote.

**BINGO**

*Mondays, May 2 & 16 1 pm*

**Derby Day at Gillie Downs with the "Gillie Fillies," Red Hat Club**

*Thursday, May 5 12:15 pm*

Wear your best hat and bet on your favorite horse. Win prizes while enjoying delicious refreshments.

**OSU Extension Service** with Lisa Gibson

*Friday, May 6 9:30 am*

**Veteran's Group**

*Friday, May 6 1 pm*

Calling all American Veteran's from WWII, Korea, Vietnam, Iraq, and Afghanistan and beyond. We need your help to keep our ranks marching strong. Join us the first Friday of each month.

**Elections and General Meeting for Gillie Senior Recreation Council**

*Monday, May 9*

Voting for Council Officers will be 8 am-noon with the general meeting following at 12:30 pm. All members are welcomed to vote and to attend the meeting. You must have a Gillie Membership form on file to vote.

**Eat Better, Feel Better**

*Tuesday, May 10 11 am*

Registered Dietitian Leonor Button from LifeCare Alliance presents: *Thinking Outside the Box - Incorporating popular "Convenience" items into nutritious meals*

**Alzheimer's Association**

*Tuesday, May 10*

~Support Group *12:30 pm* Everyone is invited.

~Private Consultations *1:30-4 pm*

For yourself or a caregiver; by appointment (457-6003).

**History Roundtable**

*Wednesday, May 11 1 pm*

**Topic-** Food in Ohio

**Senior Recreation Council Meeting**

*Wednesday, May 11 1 pm*

**Columbus Speech & Hearing**

*Thursday, May 19 10 am -3:30 pm*

To schedule an appointment, call 261-5452.

**64<sup>th</sup> Annual Creative Arts Event**

**The Martin Janis Center May 11 - 21**

*Grand Opening: Wednesday, May 11 6 pm*

Announcement of Grand Prize Winners.

All artists & guests welcome. Entertainment by 'Two For The Road'

*Line Dance Showcase: Thursday, May 12 Noon*

performing groups from all over Ohio

*Dinner and Dance Party: Friday, May 13 5 pm*

*Cost: \$12* with Don & Jean Hamilton and Entertainer

Todd T. Taylor.

**Deadline to register with payment: May 11**

**Line Dance Workshop:**

*Saturday, May 14 9 am-5 pm*

With famed choreographer: John Robinson

*Cost: \$30* Limited space - call The Gillie Center to

register (614-645-3106)

**Poetry & Writing Expo: "Reading Your Work"**

*Monday, May 16 10:30-11:30 am*

*Free* (Technique Workshop) by Michael Rose Readings of short stories & poetry: 1 pm

*COAAA Hall of Fame: Wednesday, May 18, 1 pm*

*Red Hat Day: Thursday, May 19, 10:30-11:30 am*

*Card Making Workshop; 11:30 am*

*Variety Show; 1 pm*

*Mansfield Bird Sanctuary Show 2:30 pm*

*Brushes and Brews: Friday, May 20, 10 am*

with Scott and Mike - Make and take painting project

*Pottery Demonstration with D'Lyn 12:30 pm*

*Buckeye Barbershop: Friday, May 20, 7 pm*

*Cost: \$10* Get tickets at The Gillie Center (645-3106) or The Martin Janis Center (645-5954)

*Scrapbook Crop: Saturday May 21 9 am-9 pm*

Linda Jacobs for details 614-645-3106

**2<sup>nd</sup> Annual LiveWell Expo**

*Thursday, May 26 9 am-2 pm*

We want you to LiveWell!

Visit with us for access to Free Health Screenings, Vendors, Exhibitions and much more. Lunch will be available. For Vendor & Screening opportunities, contact Terry at 614-545-5007.

Lazelle Woods Intergenerational Center

8140 Sancus Blvd., 43081

Anna Marie Brown, Center Manager

645-5330

Hours: Mon.-Fri.: 8 am-9 pm; Sat.: 9 am-6 pm

**Pickle Ball**    *Mondays*    *10 am-Noon and*  
                          *Wednesdays*    *1-3 pm*  
                          *Fridays*            *8:30-10 am*

*\$5 for 2 months play*

**Monday**

Lunch Indoor Cycling    1-1:45pm    \$10 Mtls.  
Zumba w/ Lisa            6:45-7:45pm    \$28  
Tae Kwon Do Beginners    7-7:30pm    \$35

**Tuesday**

FitFuzion w/ Lisa            9:30-10:30am    \$28  
Aiki Ju Jitsu                6:30-8:30pm    \$35

**Wednesday**

Lunch Indoor Cycling    1-1:45pm    \$10 Mtls.  
Yoga                        6:30-7:30pm    \$30

**Thursday**

Fit Fuzion                    9:30-10:30am    \$28  
Fundamentals of Watercolor    6-9pm    \$85

**Friday**

Zumba                        9:30-10:15am    \$27  
Pottery / Ceramics        Noon-2pm    \$35  
Lunch Indoor Cycling    1-1:45pm    \$10 Mtls.

**Saturday**

Zumba                        8:30-9:30am    \$24

**Check with center or website for complete listing of classes.**

**COAAA Central Ohio Area Agency on Aging**

**174 E. Long St., 43215**

**645-7250**

**Older Americans Month 2016: “Blaze a Trail”**

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

On May 18<sup>th</sup> the Central Ohio Area Agency on Aging will host the 41<sup>st</sup> Central Ohio Senior Citizens Hall of Fame ceremony at the Martin Janis Center beginning at 1:00 p.m. During this ceremony we will celebrate the contributions of a select group of older adults from Franklin County and the seven surrounding counties for their contributions to their communities. These individuals are an inspiration to others and we thank them for all they have done to make Central Ohio a better place to live. This year’s inductees are: Dee Watren- Delaware County, Paul & Gwen Darfus – Fairfield County, Kay Oughterson – Fayette County, Margaret Fauth, Kathleen Busche, Cora Munoz and Dr. Glyde Marsh- Franklin County, Betty Meyer and Rachel Powell – Licking County, Levi & Cora Miller – Madison County, Ula Jean Ater Metzler – Pickaway County, and Lois J. Gruenbaum – Union County.

**The center will be closed:**

Monday May 30 in observance of Memorial Day

Tuesday May 31-June 3 for cleaning.

**Summer Registration begins:** June 6-10

**Summer Session begins:** June 13

**Marion Franklin Dining Center**

**Lunch: Tuesday-Thursday 11 am-1 pm**

*LifeCare Alliance...Nourishing the Human Spirit*

**\*Program Spotlight - Tai Chi**

Advanced Classes Monday/Wednesday 11 am-Noon

Beginners' Class Wednesdays 12:30 pm

**Certified Instructor Darryl Green**, who is the Grand Master of Children of the Sun and A.S.P. Martial Arts Academy. For more information, contact Darryl @ 614-625-8677 or greendarryl61@gmail.com.

**You're Invited to Build a Playground**

**Marion Franklin Playground Site**

**Tuesday, May 3 8 am-4 pm**

Join us as we team build a playground. We are looking for enthusiastic, energetic, team players who are willing to work hard and have fun. For more information, call the center.

**\*New\* Tablet/Smart Phone Workshop**

**Mondays 1-3pm**

If you received the wonderful gift of technology this past holiday season and you're having a hard time unlocking its potential, please bring in your device. We will go over the basics and help you learn more about options available.

**Book Club Discussion @ Champps Easton**

**Wednesday, May 11 1-3:30 pm**

*Dates and times are subject to change; please call the center if you plan to attend.*

**Book:** The Racketeer **Author:** John Grisham

**Documentary Monday in May**

**Wonders of the African World**

**Every Monday 11:30 am**

Discover the true cultural richness of Africa-past and present by Harvard scholar Henry Louis Gates, Jr. A six-part series, walk-ins welcome. Snacks will be served.

**Classic 8 Ball Tournament**

**Wednesday, May 18 3 pm Entry Fee \$1**

Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Hot dogs and punch included in entry fee. Must register at the front desk.

**Marion Franklin Dance Recital & Open House**

**Friday, May 13 6-8 pm**

**Cost \$7 (for dinner)**

Join us as we celebrate our annual showcase: "The Many Colors of Spring." Come prepared to enjoy a delightful evening of entertainment and excitement. All our classes have worked hard this season and are prepared to give you a wonderful show. Tickets are available at the front desk. For more information, contact Butch or Crystal.

**BINGO Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday 1-3 pm**

**Pokeno Every Wednesday 1-3 pm**

**Afternoon Workout 4-5pm**

**Tennis is back!**

**Mondays, Wednesdays & Fridays 8:30 am**

Weather permitting. Meet at courts.

**50+ Basketball**

**Every Mon/Wed/Fri 10 am-Noon**

**Pickleball: Two Inside Courts**

**Every Tues./Thurs. Noon-2 pm**

**Mon/Wed/Fri 9-10 am**

**Needlework Social Club**

**Every Mon/Thurs 1-4 pm**

**Nurse Barbara Parker**, LifeCare Alliance Wellness Center; office 645-7173/voicemail 437-2927. Schedule an appointment to have your blood sugar checked and for information on how to manage your Diabetes.

**May is National Mental Health Awareness Month**

Do you know the difference between sadness and clinical depression? Some signs of clinical depression are change of appetite, loss of interest in activities formerly enjoyed, feelings of worthlessness and inability to concentrate. Seek professional help to discuss these changes if they have persisted for more than two weeks. To schedule a depression screen, call Barbara Parker at 614-437-2927

**Eat Better, Feel Better** provided by LifeCare Alliance

**Every third THURSDAY of the month**

**11 am-Noon Free/ no registration required**

**Arthritis Foundation Exercise Program**

**Every Tuesday & Thursday 10 am**

**Free Hearing Services**

Call Rachel at 261-5452 for more information or to schedule an appointment.

Martin Janis will be closed Monday, May 30 in observance of Memorial Day.



**The Creative Arts Event**

*May 11 – 21*

Calling All Artists! The Creative Arts Program is coming. The theme for the 2016 event is: “Birds, Blooms and Beasts!” Beautiful exhibits and special performances including Line Dance Showcase (May 12<sup>th</sup>), a ball room dinner dance (May 13<sup>th</sup>) and a barbershop chorus (May 19<sup>th</sup> – May 20<sup>th</sup>). Come; see local artists let their creativity take flight and bloom. For more information, contact Mike Phillips at the Janis Center, 645-5954 or Linda Jacobs at Gillie Center, 645-3106.

**Spring Picnic**

*Tuesday, May 24 Noon-2 pm*

*\$5 per person or bring a potluck dish*

Welcome Spring with our first picnic of the year! Rain or shine, come on over and join in the fun with friends and good food. There will be games and Toni will be calling bingo.

**Martin Janis Senior Council**

*Wednesday, May 18 10 am*

Everyone is welcome.



**Coffee Club**

*Wednesdays 9 am*

Come join the engaging conversation. New friends always welcome!

**“Breakfast for Lunch”**

*Wednesday, May 4 11:30 am*

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. You’ll really enjoy their homemade breakfast quiche!

**Visit our Classes!**

Next time you’re in the building, stop downstairs and visit our classes in the basement! Stained glass, fine arts, lapidary and woodshop would love to have you drop in and view their work!

**Gregg’s Health Corner:**

**White and Red Blood Cells-What’s their purpose?**

White blood cells, produced inside your bone marrow, are very important to your overall health yet account for only 1 percent of blood volume. While working as your immunity cells they flow through your body to battle viruses, bacteria, and other foreign invaders that threaten your health. If your white blood cell count suddenly elevates you have distress or infection somewhere in your body. Red blood cells are, with the help of hemoglobin, a transportation system used to carry oxygen and carbon dioxide to and from the tissues.



**Thank You!** We’d like to thank all of our dedicated volunteers! You make it happen, and we couldn’t do it without you!

**Ohio State Fair reminder:** Remember there will be no classes during The Ohio State Fair. If you’re interested in being a volunteer, please see Doreen or Michael. This year, The Ohio State Fair begins on July 27.

**Save the Date:**

*Wednesday, June 1:* Breakfast for lunch 11:30 am-12:30 pm. Humana representatives will be on hand to answer your questions

*Wednesday, June 8:* International Food Day Luncheon! Join us at 11:30 am for dishes from across the world.

*Wednesday, June 15:* Birthday Bash and Bingo. Join us for lunch at 11:30 am and afterwards cake and ice cream for all of our June and July birthdays. Sponsored by Medical Mutual.

*\*Participants must present payment upon registration for all activities with fees.\**



### **Canasta**

**Mondays 1:30-3:30 pm; Free; Community Room**

### **Bid Euchre (6, 7 or 8 handed can be played)**

Everyone is welcome!

**Tuesdays; Noon-3 pm; Free; Community Room**

### **Progressive Bridge**

**Thursdays; Noon-3 pm; Free; Community Room**

Don't know how to play Bridge? Don't feel intimidated. Come to the Progressive Bridge Workshop every 3<sup>rd</sup> Thursday of the month.

**This month's workshop is Thursday, May 19; 11 am-Noon; regular play begins after workshop.**

### **Progressive Regular Euchre: \$2 per person**

**Thursdays & Fridays; Noon-3 pm; Dance Room**  
(Have fun and win grocery prizes!)

### **Captain's Table**

**Mondays 11:30 am-1 pm \$5**



Come join us on Mondays for the best lunch deal around. The warmer months are upon us so it's time to alternate between a potato and salad bar. Bring your appetite and \$5 and we'll see you every Monday.

**Contact the center with any questions.**

### **Open Pickle Ball \$20 for a one year pass**

**Mondays: 11 am-1 pm Beginner-Intermediate**  
**1:30-3:30 pm Advanced**

**Tuesdays: 11 am-1 pm Beginner-Intermediate**

**Wednesdays: 6:15-8 am All Levels**

**Fridays: 11 am-1 pm Beginner-Intermediate**  
**1:30-3:30 pm Advanced**

**Friday Nights in the Spring! 6-8 pm**  
**-Instructional Skills and Drills-**

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. **Contact Mike with any questions.**

### **International Folk Dancing**

**Mondays 7-8:45 pm Free**

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing".



**Contact the center with any questions.**

### **Whetstone 50+ Writers: Memory to Memoirs**

This group meets every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. **Contact the center with questions about meeting times.**

### **Monthly Friday Potlucks**

**Friday, May 20 Noon**

Potlucks are on the 3<sup>rd</sup> Friday of every month. The senior council provides a meat dish.

**No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.**

**Please call the center in advance for your reservation, so we know how much food to prepare.**

### **Classes**

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

#### **Full Body Conditioning with Char**

Wednesdays & Fridays 9:15-10:15am/ \$50; choose 1 day for \$30

**Wii Bowling** Tuesdays 10am-Noon/ Free  
(Contact Mike for your time to bowl.)

**The Body Shop Workout** Tues. /Thurs. 3:45, 4:45 & 5:45 pm and Sat 9:15 am/ \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

**Poetry & Prose** Thursdays 1-3pm/ Free

**Woodcarving** Meets every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 6 pm/ Free/ Bring your own supplies.

**Wood Chippers** Wednesdays 9 am-Noon/ Free/ Bring your own supplies

**Open Walking- Gym** M, T, Th, & F 8-9:15am/Free  
**Fearless Falling (Adult Safety Skills)** Fridays 10:30-11:30am/ \$30

**Chair Yoga** Wednesdays 11:15-11:45am/ \$25

**Gentle Yoga** Wednesdays 10-11am or 7:15-8:15pm/\$40 each

See Center Class Schedule for complete class listing.

**Schedules are available in hardcopy at the front counter & can also be downloaded from either of our websites at [www.columbusrecparks.com](http://www.columbusrecparks.com) or [www.whetstonepark.org](http://www.whetstonepark.org). Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>**

COLUMBUS RECREATION AND PARKS DEPT  
1111 EAST BROAD STREET, SUITE 103  
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## **Creative Arts Event**

**May 11-21**

**More information on pages 1 & 5.**

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## **Gram & Gramp Camp**

**June 6-10**

**For you and your Grand!**  
**See page 7 for more information.**



**All centers will be closed  
Monday, May 30 in observance  
of Memorial Day.**